

Your beauty plan

with FRAN



by Fran Colmar

Shakespeare's "Tempest" has a two-line passage that touches every woman. In it Ferdinand whispers to Miranda, "Here's my hand." To which she tenderly replies, "And mine, with my heart in it." Oh, how often have we come to our menfolk with our hearts in our hands. What memories do men carry deep-

within them. The gentle fondling of a wise and patient mother. The soft caresses of his beloved. Soft hands, dear hands. Hands with a heart in them.

Look about you. See how the beauty-wise woman uses her hands. They are as animated as her conversation. Expressing her personality every bit as fully as her make-up, her ensemble.

Note the way she rests them, relaxed and graceful in her lap, or moves them with expressive vitality as she draws people to her as surely as with her smile. How much they contribute to her personality depends on how much care she gives them.

Women know only too well how much ugly, unkempt hands detract from their grace—not only because of their unattractive appearance but from self-consciousness on the part of their owners. And yet, hand care, despite the many hardships placed upon hands, is a relatively simple process.

Care of hands, as in practically all beauty care, is based primarily upon prevention, rather than cure. Certainly, today's chores take a heavy toll on soft, dainty hands. Housework, business, marketing, etc. all contribute to roughen and dry otherwise tender skin.

Try to keep the hands out of very hot water. Use moderately warm water where possible. Try mops and dish mops and rubber gloves to replace scrubbing brushes and dishcloths. Mild soaps are preferable to harsh ones. Remember to dry hands thoroughly, especially in winter, before going outside. Work gloves come in handy when rough work is indicated. It is a good idea to smooth on a rich skin cream or hand cream before donning the gloves to add additional protection. If several pairs of gloves are kept, the creamy insides of one can be washed out with the other pair in service.

For hand stains acquired by housework, gardening, office work or smoking, keep half a lemon on sink or wash basin and rub on hands when washing. Peroxide will help remove ink and vegetable stains.

To help keep the hands from that dry parched look there is an excellent hand lotion and cream on the market. This cream is particularly satisfactory for dry thin skin.

Wash hands in luke warm water. Dry thoroughly. Apply lotion religiously in the following manner. Rub hands to work lotion into the skin. Stroke from fingertips to the wrist as you do in drawing on a glove. Close one hand about the other arm and work up and down the forearm with deep pressing and wringing movements. Use thumb and fingers to massage deeply with rotary movements on the joints at the base of each finger, to relax the fingers. Massage the elbows with deep rotary motions, first with arm straight then bent.

Write me in care of this newspaper for further information.

Sport is a form of physical education of the body and the mind combined. The winner is not only he who comes out ahead, but also he who loses a "good" game. It's hard to be a winner, but noble to be a good loser.

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American Beauty—8-oz. Jar

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Van de Kamp's BAKERIES

